VEGETARIAN (no meat lifestyle)
VEGAN (plant based)
GLUTEN FREE (hold the gluten)

LA GRANDE ORANGE GROCERY

curbside service : all day
40th st. & campbell : (602) 840-7777
doors open daily at 6:30 am

Rise and Shine! until 5 pm

FAMOUS ENGLISH MUFFINS 2/9/16.50
SIDE OF ROASTED POTATO YANKS w/ sour cream 3.00
LGO ORGANIC OATMEAL 5.75
LOCAL ORGANIC FRESH FRUIT 5.25
BIRCHERMUESLI 5.75
GRANOLA, FRUIT & YOGURT 5.75

Fresh Eggs etc* until 5p

EGGS TO ORDER 5.95
poached, scrambled or fried w/ toast and fresh fruit - prosciutto +3, turkey, bacon or chicken sausage +2

FRENCH PANCAKES 6.75
w/ honey, fresh fruit and creme fraîche

DAYBREAKER 8.75
egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa

THE ZUNI BURRITO 7.75
whole wheat tortilla w/ tofu "chorizo," mushrooms, corn, spinach, potato, egg whites & charred tomato salsa

COMMUTER SANDWICH 8.50
scrambled eggs, tomato and mayo on english muffin **w/ choice of bacon, ham, turkey, smoked salmon or avocado**

CROQUE MADAME* 7.75
broiled open-faced w/ ham, tomato, sunny-side egg, spicy mustard sauce and gruyere

THE RICKY MARTIN 9.00
eggs, tomato, cheddar, fresno chili, mayonnaise and spanish chorizo rolled in a leaf

SOPHIE'S CHICKEN HASH 9.00
romanesco, castleveltrano olives, peppers, bacon, over easy egg, lebni, side of Ingo's lacto-fermented hot sauce

Salads limited ensures freshness

CAESAR* 7.50
chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing

SONOMA GARDEN 8.25
romaine, tomato, golden beets, dates, roasted peppers, goat cheese, almonds, orange poppyseed dressing

LGO TUNA NIÇOISE 8.50
our signature tuna salad with potato, green beans, olives, capers, tomato, egg, house vinaigrette

ROTISSERIE TURKEY SALAD 9.25
diestel turkey, greens, tomato, egg, avocado, bacon, pt reyes blue, w/ ranch and house vinaigrette

EVIL PRINCESS THAI CHICKEN SALAD 8.75
fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!

SHREDDED KALE SALAD & QUINOA 8.75
sunflower seeds, flame grapes, red bell peppers, preserved lemon, parmesan, manchego, house vinaigrette

SMOKED SALMON SALAD 8.75
baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette

PIZZERIA CHOP SALAD 8.25
olives, pistachios, raisins, cheese, artichokes, grape tomatoes, cucumbers, pepperoni, italian vinaigrette

Sandwiches etc until 5p

HEIRLOOM BROWN RICE BOWL 7.75
quinoa, black beans, feta, pistachios, fried egg, greens, harissa

SPICY CHICKPEA LETTUCE WRAPS 7.75
chickpeas, avocado, and sundried tomato on crisp iceberg

"OPEN FACE" CHICKEN SALAD SANDWICH 8.75
shredded all-natural rotisserie chicken, roasted apples on toasted 9 grain

VEGETARIAN SANDWICH 7.75
tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti on housemade focaccia

GUACAMOLE B.L.T. 7.50
on toasted whole wheat bread

THE REUBEN or ROTISSERIE TURKEY REUBEN 9.50
so good you will name your first born after it **w/ pastrami or rotisserie diestel turkey**

TUNA SALAD SANDWICH or PRESSED TUNA SANDWICH 7.50
on 9 grain w/ tomato, cucumber, apple and greens or pressed on whole wheat with cheddar

STACKED TURKEY 8.95
nine-grain bread with rotisserie diestel turkey, avocado, tomato, lettuce, havarti, mustard and mayo

ROTISSERIE CHICKEN SANDWICH 8.75
all-natural rotisserie chicken breast, LGO housemade barbecue sauce, cole slaw

Sushi and Rolls* always made fresh

SUMMER SALAD ROLL vegetarian or shrimp Q.
LGO SUSHI ROLLS california roll, spicy tuna roll, shrimp & crab roll Q.

*State Health code requires us to inform you: these items contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodbourne illness. 8.22.15